

# Festive Ideas for Fruits and Vegetables

The holidays are a great time to enjoy a variety of fruits and vegetable each day!



- Bowls of fresh fruit are a festive and sweet substitute for candy or chocolates
- Remember calories add up! This is especially true during the holidays when we snack more. For a healthy snack, choose a piece of fresh fruit!
- You've tried the leftover turkey sandwich; now try the leftover turkey salad! Add a few pieces of turkey to a generous portion of mixed greens, cucumbers, mushrooms, peppers, or any other vegetables you like. Sprinkle with dried cranberries for that authentic holiday taste.
- Check out [www.cdc.gov/5aday](http://www.cdc.gov/5aday) for great ideas to serve your guests a delicious variety of fruits and vegetables!

Overcome the urge to overeat!

- Standing by the buffet table is temptation to overeat! Remember holiday parties are a time to celebrate with family and friends, not just food.
- It's easy to overindulge during the holidays; make sure to watch portion sizes and select one or two of your favorites from all those tempting foods.
- Leave those extra calories behind— take the butter and sugar off the table.

Tasty Presents Packed With Color

- For a unique and healthy holiday gift, try going to your farmer's market or grocery store and selecting fresh fruits and vegetables. Place all your tasty treats in a basket, and you have a distinctive present packed with goodness!

